

# The Fort Huachuca Scout®



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Soldiers seal a  
border gap  
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Photo by Dan Simon

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# Protecting yourself from wildfire

## ARIZONA FIREWISE PARTNERS PRESS RELEASE

While Southern Arizonans wait for the monsoon rains that will make a very intense wildland fire season a memory, the Arizona Firewise Partners, a group of federal, state and local partners, reminds the public that it's never too late to ensure that your home and property are safe from uncontrolled wildland fire. Losses of home and property can be minimized or eliminated when the public is aware of safety measures and protective actions that can help protect property and possessions.

Simple steps that a homeowner can take include removing trees or brush that extend within 15 feet of flue or attic openings; ensuring that flue and chimneys are protected by a mesh screen with openings

no larger than one-half inch. Clean roof areas and gutters of pine needles, dry leaves and branches; prune tree limbs to a height of 15 feet and thin all vegetation to prevent ground fires from spreading into the tops of trees and brush. The partners recommend thinning trees so there is a minimum of 15 feet between trees.

Assess the vegetation around your property – what kind of slope leads to your dwelling and other buildings? Most experts agree that if your home or cabin is located in an area of dense vegetation or is forested, a safety zone of 100 feet may be needed. A home that sits on a steep slope may need additional protective measures. For a more detailed assessment of your home, cabin or property, contact the local fire department or land management agency.

Clearing at least 30 feet around structures and

buildings is the most important area. This also allows access to emergency fire fighting equipment and crews. However, the first 100 feet around a structure is the most critical to create a safe distance from wildland fire.

Help emergency crews and fire fighting equipment by keeping access roads and driveways at least 16 feet wide. Driveway and access roads should be clearly marked with signs and addresses that are easy to read by day and night.

Many of the recommendations for rural home and cabin owners apply equally to any homeowner. Use a "Wildfire Survivable Space Checklist" to assess your home and property. This is available from fire departments, local land management agencies and online at [www.AzStateFire.org](http://www.AzStateFire.org) or [www.Firewise.org](http://www.Firewise.org).

# Moving with pets; advice from an expert

BY CAPT. AMY PIKE  
CHIEF, VETERINARY SERVICES  
DIVISION

Moving to overseas assignments can be stressful for the entire family. The move can be extremely complicated when pets are involved. People do not realize that relocating with a pet can be more involved than moving your own children.

Each country has numerous regulations and requirements that pets must meet prior to the move. These requirements can take up to 12 months to meet before the pet will even be allowed in the country. Military families often receive their orders with only a few months notice. It can be very hectic and stressful to try

and get your pets ready to go with the family. In order to help alleviate the stress with moving overseas there are some key things you can do ahead of time:

1. Make sure your pet is always current on all vaccines, especially Rabies. Frequently two Rabies vaccines are needed along with a test for the pet's immunity level which can take 4-6 months to complete.

2. Have your pet microchipped. Microchipping is required for all pets traveling overseas. But, it MUST be a chip that is compatible with scanners available in other countries. Only Home Again Microchips and the brand new ISO Compatible AVID chips

are compatible for overseas travel. Also some countries only count Rabies vaccines given after the microchip is implanted.

3. Check to make sure that you do not have a breed of dog that is banned overseas. Pitt Bulls and Pitt Bull mixes, American Staffordshire terriers, and Cane Corsos are some of the breeds that are banned from Europe and most of Asia. There is a list with about 20 breeds that are banned, so double check with the veterinary clinic because you might have to make alternate arrangements for your pet during your overseas tour.

4. Plan early and call the veterinary clinic as soon as there is even a rumor of a PCS to either

Hawaii or any overseas country. Contact the veterinary clinic for the most up to date regulations for that particular country. The regulations for Hawaii are more restrictive than almost any other region.

5. Monitor for changes in regulations prior to your departure as the regulations are subject to change without notice. There are websites available with current import regulations.

6. Anticipate numerous appointments at the veterinarian's office prior to leaving. Health certificates are required both months in advance as well as 10 days prior to your air travel.

7. Some countries require a mandatory quarantine period where the animal will not be

able to live with your family. This quarantine can be expensive and it is the pet owner's financial responsibility for the duration of the quarantine.

8. Be patient with the veterinary clinic! We don't make or change the rules, but we try to help you and your pet be up-to-date so that the whole family can travel together to the new assignment.

People often realize the complexity of moving with their pets and simply give them up for adoption. This is the main reason we have so many unwanted animals in our stray facility. Be a responsible and conscientious pet owner and your pets will be able to travel the world with you and your family.

## The Fort Huachuca Scout

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# Imagination, technology working in unison

BY SPC. MARCUS BUTLER  
SCOUT STAFF

Fort Huachuca, the Joint Interoperability Test Command and the National Science Center hosted the first ever Defense Information Systems Agency Field Science Robo-Tech Camp.

This week long camp, which lasted from July 11 – 15, offered children the opportunity to use their minds with technology to bring their mechanical invention to life. It was held at JITC building 57305. The children chosen for the camp had to submit an essay to be accepted and then were formed into six teams of three.

The week of instruction began with learning what is a robot and how does it think. This lesson ranged from the history of a robot, instruction sequencing, linear thinking and basic flow charting to group role assignments, software familiarity and construction of the Acrobot driving base with small block of instruction.

Day two, dealing with robots and sensors offered a review of day one followed by an obstacle course instruction in which the teacher manually moved the robot via instructions from the student. Next, the class moved into sensors, distance formulas, further software tutorials, the obstacle course challenge and a Mission to Mars Challenge.

Day three involved power, locomotion, and terrain. The day began with a review of the previous two days, software tutorial and slide shows on how robots move and gear and machines. The second half of the of the class was devoted mostly to student activity with finding

gear ratios, gear systems and their uses and simulated Mars Rover Challenge.

Day four the students learned about the workings of simple machines. The day started with a review of previous days followed by a slide show on how do robots work, an invention challenge, linkages and locomotion slide show and ending with building a six-legged walker.

The final day was a comprehensive compilation of all of the previous days. During day five, the students were allowed to relax and unwind with a bit of free style design. During this time the students were allowed to have somewhat of a robot destruction derby. Following this, the class then set and programmed their robots for the speed drills and the actual obstacle course. After the final competitions, the class gathered back in to the conference room and was awarded certificates and ribbons for 1st place, 2nd place, 3rd place, and most improved team.

The results are as follows:

\* 1st Place: Team Sea Monkeys:

Dianna Beady, Veritas Christian Community School

Daniel Irwin, Apache Middle School

Trevor Smith, Home Schooled

\* 2nd Place: Team Box Cows:

Alex Condos, Wester Middle School

Hali Burt, Valley View Elementary School

Quentin Gunn, Sierra Vista Middle School

\* 3rd Place: Team Red Monkey Knights:



Photo by Spc. Marcus Butler

**Michael Lemons, part of team Red Monkey Knights, positions their robot before the obstacle course competition starts.**

See **ROBOTS**, Page A5

# Be responsible and help prevent forest fires

## SCOUT REPORTS

Coronado National Forest officials are once again stressing the importance of responsible recreation during the summer period.

Although there are no area closures at this time, fire restrictions are in effect as follows:

\* Campfires, charcoal grills and stove

fires are prohibited on national forest lands, except in Forest Service developed campgrounds and picnic areas where grills are provided. Pressurized liquid or gas stoves, lanterns and heaters meeting safety standards are allowed.

\* Smoking is allowed within an enclosed vehicle or building; a developed recreation site; or while stopped in an area at least three feet in diameter and free of all

flammable material.

**\* FIREWORKS ARE PROHIBITED ON ALL NATIONAL FOREST LANDS YEAR-ROUND**

Fines range up to a maximum of \$5,000.00 per individual; \$10,000.00 per legal entity and/or six months in prison.

In addition, follow all local burning/fire regulations, such as use of chainsaws and welding equipment (must have spark ar-

restors) and the use of burn barrels. Of the 54 fires reported this season, 43 were human-caused.

As a result of this year's winter precipitation, heavy accumulations of fine desert fuels are in abundance so fire-fighting resources could be stretched thin throughout the Southwest. The monsoon is predicted to be late and light this year, adding to the potential for an extended fire season.

# 11th Signal Brigade welcomes crimson guidon

BY 1ST LT. ANDREA-  
BERNADETTE PRATT

11TH SIGNAL BRIGADE PUBLIC  
AFFAIRS OFFICER

An orange guidon bearing signal flags was lowered in front of its company for ceremonial casing while a new crimson guidon bearing the ordnance shell and flame was carefully poised behind the formation ready to take its place.

On June 12, Fort Huachuca witnessed the sixth inactivation of the 19th Signal Company after almost 30 years of providing support to the 11th Signal Brigade. The inactivation was shortly followed by the activation of the 556th Maintenance Company allowing the brigade to witness its first step towards the Modular Army transformation as Capt. Tina Street and 1st Sgt.

Tyronne Smoot cased their signal-orange guidon and prepared to uncage the new maintenance-crimson guidon for their company.

The 19th Signal Company was selected for inactivation during the modular structure development for the Total Army Analysis. The ordnance proponent helped make the decision that the company should be restructured as a General

Support Signal Maintenance Organization and the Department of the Army approved the new 556th Theater Signal Maintenance Company organizational structure based on the modular design concept.

The 19th Signal Company was originally constituted as the 19th Signal Radar Maintenance Unit, Type A in 1944. Since then, it was re-designated as the 19th

Radar Maintenance Unit, Type C in 1949, and as the 19th Signal Detachment in 1953. When the unit was first activated at Fort Huachuca in 1975, it was still the 19th Signal Detachment, but it was reorganized and re-designated as the 19th Signal Company in 1979.

See **THUNDERBIRD**,  
Page A14

# Saving lives, one pint at a time

BY SGT. JOY PARIANTE

SCOUT STAFF

Believe it or not, when you're lying down at Eifler Fitness Center with a needle in your arm, that is the easiest (but, most important) part of the blood donation process. Your pint will join hundreds of others on a vital journey downrange to save Soldiers' lives.

Since January, the Fort Huachuca community has donated more than 1,800 pints of blood to the Armed Services Blood Program. Representatives from it visit post the last week of each month for donations, according to the ASBP's Web site at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

From Fort Huachuca, the blood travels to Fort Bliss, Texas where it is processed into different blood components such as red cells and plasma, said Anna

Avila, technical supervisor for the Blood Donor Center for the program. A small vial from each donation is sent to Fort Hood, Texas where it is tested for disease and a blood type is identified, Avila said. Usually within 48 hours, results are back from Fort Hood and the blood is cleared and prepared for shipment to one of the Armed Services Whole Blood Laboratories, located at Travis Air Force Base, Calif. and McGuire Air Force Base, N.J.

The labs receive blood from all 24 blood donor centers across the country and then makes shipments to 21 contingency operations which the military is currently involved in, Avila explained.

"A majority of the blood is shipped to Iraq and Afghanistan where it is transfused to Soldiers in need of blood, sometimes right on the battlefield," she said. According to the program's Web site, personnel

wounded and injured in Operations Iraqi and Enduring Freedom receive more than 500 units of blood a week from the Armed Services Blood Donor program.

But why come all the way to a small post such as Fort Huachuca, from Fort Bliss, to collect blood? Fort Huachuca's large population of initial entry training Soldiers provide a "clean" source for blood collection, Avila said. Many Soldiers at Fort Bliss (and Fort Huachuca) have had duty assignments throughout their career that make them ineligible to donate blood, Avila explained. For the most part, AIT Soldiers are still new enough to the Army and to worldwide travel that they aren't disqualified from donation.

"Most of our donations for Fort Huachuca are from AIT Soldiers who give up their personal time in the

See **BLOOD**, Page A14

## The need for blood is constant ...

### SCOUT REPORTS

\*Trauma victims may need 40 or more units of blood per day to survive.

\*Leukemia patients may need up to eight units of platelets per day during treatment.

\*One pint of blood can sustain a premature baby's life for two weeks.

\*Each year, military hospitals use approximately 75 units of blood products per day to treat patients.

\*Each year military hospitals transfuse 54,000 units of red cells,

20,000 units of plasma and 5,000 units of platelets.

\*Time is of the essence: Red blood cells only last 35-42 days and platelets only last 5 days.

\*Since the Korean War, military blood programs have provided 1.5 million units of blood to treat sick

and injured servicemembers.

\*On average, Fort Huachuca donates 400 pints a month to saving Soldiers.

Information compiled from the Armed Services Blood Program Web site at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

## Common sense driving tips for the monsoon season

BY AMANDA KEITH

SCOUT STAFF

July is monsoon time in Arizona and soon the sun-baked earth will get relief in the form of rain. It's a time for celebration, and it's also a time for a review of safe driving tips.

Desert dwellers don't typically have to deal with driving during inclement weather. Sunshine all year round is the norm at Fort Huachuca, and it's easy to forget that "wet" conditions, like rain, snow and fog require more defensive driving.

That's why sometimes motor vehicle operators can sometimes forget the "common sense" approach to monsoon driving and make mistakes.

Like two summers ago, I was driving my car (a year old at the time) just after a heavy rainfall and made the foolish decision to drive down a road that was flooded because 1. the road wasn't blocked off, and 2. there were no "Do Not Enter When Flooded" road signs for this road. The fact that I was in a "low" car didn't help matters and three-quarters down this side street, the car stalled out.

Not only was the engine literally flooded, but the interior of the car got a muddy-water bath.

I was eventually rescued and my car was towed to the nearest mechanic, where it was in the shop for just over two months, while the engine was overhauled and the carpet was cleaned.

Never underestimate the power of common sense; common sense would have told me to not drive down a street when I can't see the road through the water. Common sense also would have also told me that just because signs aren't posted, not every road is safe after a heavy rainfall. Common sense might have also told me that since the water line was approaching the base of my window, turning back might have been the prudent course.

As far as bad monsoon driving experiences goes, mine wasn't too bad; my car wasn't totaled and my insurance picked up the (hefty) bill from the mechanic, but luck is a fickle companion. I could have easily totaled the car and cost my parents a lot more money.

In short, don't rely on others to keep you and your vehicle safe. If you have doubts about a road, go around it. If signs are posted, stay away from that path. And if you happen to find your car stranded in a puddle, take a mental picture of it. That way, when the experience becomes funny in a couple of years, you'll have a great story to caution people with.



Photo by Beth Davie

**Be aware of storm season in the southwest.**

# Asymmetric Warfare Group volunteers sought

**BY BRIGADIER GENERAL RHETT  
HERNANDEZ**

COMMANDER, HUMAN RESOURCES COM-  
MAND

Fellow Officers,

As our Army transforms and continues to fight the Global War on Terrorism, asymmetric threats have emerged. The Army has responded to these threats by creating the Asymmetric Warfare Group. The purpose of this correspondence is to make all active officers aware that the AWG is actively seeking Army officers to serve in this dynamic new unit.

The AWG is located at Fort Meade, Md. and is the Army's newest Rapid Deployable Unit conducting continuous and simultaneous operations throughout the world while supporting joint and Army force commanders.

The AWG will become the lead organization in providing global perspective and expertise in full spectrum training, planning for, and

execution of countermeasures to asymmetric warfare.

The centerpiece of the AWG is its people. Staffed by seasoned officers and functional experts, the AWG will be a center of excellence for innovative thinking and imaginative implementation of tactics and countermeasures.

The AWG uses a special one week assessment to identify officers with the right skills, experiences and aptitude needed to serve in the unit as an "operator." The selection consists of an administrative phase, evaluation phase, and a formal commander's board.

During the administrative phase, officers must take and pass the Army 3 Event APFT and score a minimum of 80 percent in the 22-26 year old age group (58 Pushups, 65 Sit-ups, and 14:48 2 Mile Run). The evaluation phase is physically challenging. Officers should be able to walk up to 10 miles a day carrying a 35 pound Rucksack, in addition to rations and water. Additionally, a psychologist will

interview all candidates to determine suitability. At the conclusion of the commander's board, the officer will be notified whether or not they are accepted to the AWG.

There are numerous combat support, combat service support positions, and functional area duties assigned to the AWG. Support personnel undergo a three day assessment consisting of the APFT, psychological evaluation and a commander's board.

If selected, officers can expect to PCS to Fort Meade, Md. without delay. Upon arrival to the AWG, all officers undertake special training which will qualify them to conduct the AWG's mission.

To request an application, determine your eligibility, or volunteer for assessment, please contact the AWG recruiting team Toll Free at 1-877-842-8533 or email [awegrecruiter@us.army.mil](mailto:awegrecruiter@us.army.mil).

If you have any problems or further questions, please let me know.

People always! Missions first!

**ROBOTS**, from Page A3 —

Michael Lemons, S.V.M.S.

Danielle Torrez, Coronado  
Elementary School

Patrick Kelly, S.V.M.S.

\* Most Improved Team: Team  
Code Red:

Michael Tarbet, S.V.M.S.

E.W. Jakhi Allen

Rachel Clemmer, Smith  
Middle School

The remaining teams were  
Team LSM including, Luke  
Milloy, Sierra Vista Middle  
School, Savanna Fletcher, Apache  
Middle School, Martin Freeman,  
Coronado Elementary School;  
Team Bob including, Joseph  
Guerrero, Myer Elementary  
School, Jackie Brandt, Palominas  
Elementary, and Charles Murray,  
Sierra Vista Middle School and  
Team Pathfinders including,  
Dillon Marsh, Coronado Elemen-  
tary School, Ariel Rieffer, Sierra  
Vista Middle School, and Tyler  
Powell, Myer Elementary School.

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# AAFES facilities readying for birthday celebration

## AAFES PRESS RELEASE

On July 25, 1895, the War Department issued General Order number 46 directing post commanders to establish an exchange at every post where practicable. Since the first formal exchanges were established on that July day, an exchange system has served side-by-side with Soldiers and, since 1947, Airmen in tents and trucks in the field and in permanent facilities, on posts and bases around the world.

Beginning on Saturday July 23, PX/BX facilities everywhere will honor the Army & Air Force Exchange Service's 110th anniversary with a wide variety of sales, promotions and sweepstakes. Prizes during the three-day celebration will range from candy bars to a 2005 Chevy Cobalt.

"Local events will vary from location to location," AAFES'

Commander Maj. Gen. Bill Essex said. "I expect to see price cuts of \$1.10, prizes for the first 110 customers in the exchange and lots of prices of \$1.10 and \$110. Every day of the celebration will bring a new host of events and attractions for troops and their loved ones."

*Every day of the celebration will bring a new host of events and attractions for troops and their loved ones.*

**Bill Essex**  
**AAFES's commander major general**

Today, AAFES provides support to its 11.5 million authorized customers without regard to where they may be stationed. In fact, AAFES has more than 3,100 facilities in 49 states and more than 35

countries. Currently, AAFES brings a bit of home to troops with 55 stores in Operations Iraqi and Enduring Freedom and has about 450 associates deployed at any given time. All of these associates live and work right alongside the deployed troops they serve.

"AAFES has long been a vital part of the services' Morale, Welfare and Recreation programs and a partner with the military in providing for the everyday needs of Soldiers, Airmen and their families," Essex said. "AAFES' mission is basically the same as it was in 1895: to provide quality goods and services at competitively low prices and generate earnings to support MWR programs."

With roughly 67 percent of AAFES' earnings historically going to MWR programs, these contributions to service members and their families make AAFES a major non-pay benefit. In the past 10 years,

*AAFES has long been a vital part of the services' Morale, Welfare and Recreation programs and a partner with the military in providing for the everyday needs of Soldiers, Airmen and their families.*

**Bill Essex**  
**AAFES's commander major general**

AAFES has contributed \$2.3 billion to the Armed Forces to spend on quality of life improvements for troops and their families, including: libraries, sports programs, swimming pools, youth activities, tickets and tour services, bowling centers, hobby shops, music programs, outdoor facilities and unit functions.

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# Performance factor validation survey begins

## SCOUT REPORTS

National Security Personnel System implementation efforts continue as those Army organizations identified for first deployment prepare to put into practice the performance aspect of the personnel system this fall. A key element of the system includes the way Department of Defense organizations will evaluate and recognize performance.

The National Security Personnel System performance system will use standard performance factors for white-collar workforce performance assessment.

Before these factors can be used to evaluate employees, the department needs to ensure they are appropriate and sufficiently important to be

included as rating elements in the performance management system.

To validate the factors, a survey has been developed to solicit employee feedback. The survey is a critical component in the development of the new pay-for-performance process. A letter from the acting deputy secretary of defense urging support for the survey is attached. The survey is accessible at [www.pfsurvey.net/nsps](http://www.pfsurvey.net/nsps).

All general schedule and demonstration project employees are encouraged to take the Web-enabled survey. Federal Wage System and other special groups of employees will be asked to participate in a similar effort when performance factors are developed for those occupations.

The survey should take approximately 15 minutes to complete and participation is voluntary. Individual responses will be treated confidentially and will not be tracked back to individuals or reported.

This is an excellent opportunity for the workforce to contribute to the development of a major segment of National Security Personnel System. Please encourage their participation.

You are also reminded that local activities need to fulfill any local contractual labor relations obligations they may have in relation to surveying the workforce.

For more information, please call Tom O'Brien at 533-2543 at the Fort Huachuca Civilian Personnel Advisory Center.

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Photo by Spc. John Martinez

# 83 Soldiers accept Thunderbird Enduro-Challenge

BY 1ST LT. ANDREA-BERNADETTE PRATT  
11TH SIGNAL BRIGADE PUBLIC AFFAIRS OFFICER

The Challenge began early Friday morning.

Very early.

The dark morning sky was still dimly lit by pale streetlights, crickets continued to chirp in the early morning quietness, and most people had not even gotten an opportunity to hit their snooze button for the first time. Yet more than a hundred Soldiers in support of the first Thunderbird Enduro Challenge were busily charging the morning air with body heat and adrenaline as they started staging bicycles, tightening their shoe laces, setting up water stations and medical relief points, and bracing themselves for a demanding competition of physical prowess and endurance that would put everyone to the test.

The test date was last Friday. The start time was as early as 3:30 a.m. (for the Soldiers who were helping set things up or who were worried about staging their equipment).

The test was issued by Col. Michael Yarmie, 11th Signal Brigade commander, who decided to offer a competitive opportunity for his Soldiers to complete a

physically demanding and fun challenge. It would be an opportunity for them to prove to themselves how much they could endure in a difficult environment and where they could have fun doing so.

The challenge consisted of triathlon events: swimming, biking, and running. The first heat of swimmers were submerged in the water by 4:45 a.m. Some of them would spend almost the next three hours completing a 1.1K swim (which is 44 pool lengths or 22 laps at Barnes Field House pool), an 11-mile bike ride (which took riders from the intersection of Irwin and Arizona, over Heritage Hill, past the Ammo Point, over several hills all the way out by the West Gate), and an 11K run (which made the runners trace the same route as they bike course except with an earlier turn-around point at the Wren Arena). The “11” theme was in honor of the 11th Signal Brigade.

The challenge was issued to each of the 11th Brigade Soldiers and then to other units at Fort Huachuca. Contestants were allowed to either enter as individuals, or to enter in teams of three. Teams designated one individual for each event, and they were also allowed to divide the swim event among themselves if they chose to manage

the challenge as such.

1st Sgt. Arthur Pellerin, Headquarters and Headquarters Company 11th Signal Brigade first sergeant, was one of the competitors who entered on a team. “As soon as the [memorandum of instruction] came out, I knew I wanted to do it,” he said. “The hard part was being able to do each event. I personally would have loved to do (the entire challenge) myself, but I knew I didn’t have enough time to train (the way I would have wanted to).”

Pellerin’s team members agreed to each train in their own event on their own time. His portion was the run event. “I did the Honolulu Marathon in 2000, and that was painful,” Pellerin said. “It was 27 miles ... but this portion of (the Enduro-Challenge) had its own pains ... it was very challenging ... and felt like almost the entire course was all uphill.”

Pellerin says that if the Enduro-Challenge is offered again next year, he would definitely enter again, and that he



Photo by Lt. Andy Pratt

**Lt. Col. Arlester Vernon, 86th battalion commander competes in the bike race while an unidentified course worker handles a traffic control ribbon.**



**Left: SSgt. Daniel Enyart, Alpha Company 86, took first place in the run and the swim and was the overall winner.**  
**Right: Enyart during the bike race.**

would like to try it as an individual.

A total of 83 competitors accepted the Thunderbird Enduro-Challenge; 17 individuals entered to complete the entire course on their own, 66 people entered in teams of three. 1st Lt. Nick Miller, 40th Signal Battalion S3, entered the challenge as an individual and took second place with a total time of 1 hour 51minutes 27seconds.

Although Miller entered the Bataan Memorial Death March last year (and placed first in the men's military light category with his team), this was the first triathlon that he has ever entered.

"The Enduro-Challenge was more of a sprint (than the even-paced steady march)," he said. "It was much more intense and demanding than the longer march ... (the most difficult part) was the difficulty of the bike course. It made the transition into the run more difficult than I expected ... it felt like my legs didn't want to move any more ... it's hard to move your legs one way for so long and then have to change the movement completely for another long distance." Given the opportunity to enter next year, Miller says he would definitely enter the event as an individual and do it all over again.

Maj. Sim Ripley, 504th Signal Battalion executive officer, was another indi-

vidual who completed the entire challenge on his own. "I did it to challenge myself, to complete the event, and to accept the brigade commander's challenge," he said.

Ripley finished fourth place as an individual with a total time of 1 hour

53minutes 55 seconds.

Like Miller, Ripley says he would "absolutely" take the challenge again as an individual. "It was a great challenging event that built esprit de corps ... I'm looking forward to one next year and

seeing even more people participate in it."

Plans are being made to host the challenge again and organizers are considering expanding the entries to include local retired military personnel and Department of Defense civilians.



Photo by Spc. Mark Garcia

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Range Closures

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

“Revive, Restore, Renew”

Fort Huachuca Installation Chaplains present the Annual Revival hosted by Kino Gospel Protestant Service from July 27 through July 29 beginning at 7: 00 pm nightly. Pastor Perry Kerney, Associate Pastor of Christ Cathedral New Life Worship Center in El Paso, Texas will be the guest speaker and teacher for Fort Huachuca’s most-anticipated event of the summer.

Kino Chapel (Bldg 51201) is located at the corner of Tyndall and Kino Ave. For more information, call Chaplain (LTC) James Stephen, Senior Pastor Kino Gospel Protestant Service, at 533-4711 or Pastor

Tommy Simpson at 538-1180.

Retirement ceremony

The next Installation Retirement Ceremony is scheduled at 7 a.m. on July 29, at Chaffee Parade Field. This ceremony is open to all military and civilians who are retiring. A mandatory rehearsal for retirees is scheduled for 7 a.m., July 28, also at Chaffee Parade Field.

If you are interested in participating in this ceremony, contact the USAIC&FH Protocol Office at 533-1232 to fill out an information sheet to register or Suzette Krusemark, DPTMS, 533-3185, email: [suzette.krusemark@us.army.mil](mailto:suzette.krusemark@us.army.mil). The last day to register to stand in this ceremony will be 19 July 2005.

Chapel program for kids

Serengeti Trek, a program where “Kids are Wild about God!” is set for August 1-5, 8:15 a.m. - 12 noon at the Main Post Chapel . Kids, ages 3 through 5th grade, are welcome. Volunteers are also needed. Watchcare will be provided for ages 6 months to 3 years old. Contact Dan DeVeney, 533-4598, to register, or for more information.

Ammunition amnesty

The Ft. Huachuca Ammunition Amnesty Program is intended to ensure maximum recovery of ammunition items. It is not intended to circumvent normal turn-in procedures. The program provides a safe and efficient means to return found ammunition to the ammunition supply point.

Ammunition and explosive

items found on post, except small arms ammunition like .50 caliber, are considered hazardous and will not be moved by untrained personnel. The Military Police must be contacted immediately. Once the MP’s determine the item(s) to be safe, the item(s) will be transported to the ASP and turned in during duty hours. After duty hours, the item(s) may be placed in the amnesty box located in front of building 13524 at the ASP.

Commanders will establish and implement an Ammunition and Explosive Amnesty Program that does not intimidate an individual or prevent an individual from freely turning in ammunition.

For more information, call the ASP at 533-3350/2512 or the Quality Assurance Specialist Ammunition Surveillance at 533-1843.

Chaplain’s Corner  
Together, everyone achieves more

BY DANIEL J. DEVENY  
DIRECTOR OF RELIGIOUS EDUCATION

How many times have you been in a tough spot and you’ve tried everything you can think of to shake yourself loose, but nothing seemed to help. Too often I forget the lessons I have learned during

troublesome times and I find myself repeating the same mistakes.

But lately I have found help in the 55th Psalm. King David is the author and he finds himself in a very difficult situation. We don’t know the exact circumstances, but we know it was severe. At one point King David says, “And the terrors of death have fallen

upon me.” And then David comes up with a day-dream solution, “If only I had the wings of a dove. I would fly away and be at rest.”

But maybe we’re not supposed to run or fly away from hard times. Maybe hard times are meant to work within us so that we might become the person God intends us to be. Think

what it takes for a diamond to become a diamond. It takes great amounts of pressure for long periods of time. You have that diamond-like quality ... but don’t give it up because the going gets tough. There is a promise for every one of us that gives strength: He won’t give us any more than we can handle.

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

<u>Main Post Chapel</u>		
CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3 - 6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.

Protestant

<u>Main Post Chapel</u>		
PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.

Kino Chapel

Women’s Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		
Adult/Youth	Sunday	8 a.m.
Sunday School		

Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men’s Choir	Tuesday	7 p.m.
Rehearsal		
Women’s Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	today	6 - 7 p.m.
Youth Bible Study	today	6 - 7 p.m.
Sanctuary Choir	today	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	

Meetings		
Women’s Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after	service
Meetings		
Men’s Ministry	Saturday	8 a.m.
Bible Study		
Women’s Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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**Advertisement**

**BLOOD**, from Page A4

evening to donate blood,” Avila said. There are also civilians on post who donate to ASBP to support the troops, she added.

As part of its mission, the program supplies blood and blood products to 1.3 million servicemembers and their families, according to the Web site. Blood collected that doesn’t head down range goes to military treatment facilities worldwide to treat servicemembers and their families. The blood donor center at Fort Bliss

receives 39 percent of their blood from the Army, 27 percent from the Navy, 22 percent from the Air Force, 8 percent from the Marine Corps and 4 percent from the Coast Guard.

The program must also maintain 65,000 units of frozen blood and 5,000 units of liquid cells in order to meet readiness requirements and be prepared for any emergencies that might arise, according to the Web site. If the blood program can’t meet these numbers through donations, blood

must be purchased from the civilian sector, if available, to the tune of \$250 per pint, the Web site states.

But the Armed Forces shouldn’t have to pay to get blood from the outside, according to regulation, providing blood (if you can) for your fellow servicemembers is your duty. According to Army Regulation 40-3, Paragraph 5-2, “the Army is charged with the responsibility of providing, from its own resources, the blood requirements for all patients receiv-

ing care in its military medical treatment facilities and on the battlefield.”

“Servicemembers should donate blood only to the ASBP since the military blood program was established for them,” Avila said. “Blood from our own, for our own.”

ASBP will return to Fort Huachuca for donations July 26 and 27. For more donation information, check out the ASBP online at [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

**THUNDERBIRD**, from Page A3

This was the fifth activation ceremony for the 556th Maintenance Company, which was originally constituted as Company D of the 67th Quartermaster Battalion in 1940. Since then, it has been reorganized and redesignated eight times, finally being redesignated as the 556th Maintenance Company in 1966. The company was last inactivated at Fort Riley, Kansas in 1995.

The new 556th Maintenance Company organization is not going to change the overall nature of the company’s current signal support mission, but it does feature split stationing as

a change for its Soldiers.

The Company Headquarters Platoon and two Maintenance Service Teams (MSTs) will be stationed at Fort Huachuca while a third MST will be stationed at Fort Gordon, Ga. under the support of Johnston Controls Contractor for the 93rd Signal Brigade. The Soldiers who will be stationed at Fort Gordon will wear the Thunderbird patch on their uniforms instead of the 93rd Signal Brigade patch.

The split stationing is intended to support the overall NETCOM goal of providing each brigade with similar General Support Maintenance and tac-

tical installation network capabilities, and it is intended to improve the overall General Support maintenance to the 93rd Signal Brigade.

The Soldiers of the 556th Maintenance Company here at Fort Huachuca will not be heavily affected by the change, and there will not be any modification to the current personnel demands. They are still the same mixture of Signal, Quartermaster, and Ordnance Soldiers, all of whom are responsible for providing signal support and maintenance for the brigade. They will still conduct their maintenance services for the brigade as they did before.

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# Civilian of the Month of July announced

## SCOUT REPORTS

Laurel L. Tatsey, an air traffic assistant at Libby Army Airfield, has been chosen as the civilian of the month for July.

Tatsey, a DPTMS employee, was nominated by her supervisor, James Rose, the airfield's manager.

She was cited for her dedication to her job, the U.S. Army, and the students and other users of Libby Army Airfield.

Tatsey works as an airfield base operation technician whose primary focus is to provide assistance to all users of the airfield. Her areas of responsibility include: processing pi-

lot flight plans into the FAA system, providing flight planning information and guidance to military student pilots, performing airfield and facility safety checks, maintaining student flight records, monitoring aircraft movements, and coordinating airfield activities with transient and VIP aircraft.

Her award citation also recognized the extra efforts Tatsey made during the recent military to civilian hiring and conversion process.

"As the first civilian on board, she quickly assumed a vast amount of responsibility which formerly had been accomplished by several Soldiers," the citation reads. "On her own, she

researched and reorganized the filing system to conform to the ARIMS System. She learned, by correspondence, the Joint Air Logistics Information System which saved us over \$2,000 in TDY costs alone.

Other candidates included: Elizabeth H. Conley (CE LCMC Software Engineering Center, Intelligence Fusion Systems), Brenda Rayburn (Department of Military Medicine, RWBAHC), Shirley A. Hayden (USA Army CECOM CSLA), and Kenneth A. Robinson (USAIC&FH Public Affairs Office).

Tatsey will receive: an Achievement Medal for Civilian Service; the use of a car for one month from

Lawley Chevrolet; gift certificates from Sierra Vista merchants; a desk plaque from CPAC; an MWR certificate for lunch or dinner from a Fort Huachuca establishment; a wall plaque from the Sierra Vista Chamber of Commerce; and her name as Civilian of the Month, posted at the Main Gate.

All permanent appropriated fund and non-appropriated fund employees are eligible to be nominated for Civilian of the Month with the exception of employees officially assigned as supervisors (GS-10 and above) and senior executive service personnel. Contact CPAC, Tom O'Brien at 533-2543 for more information.

**Advertisement**



# Guardsmen come to Arizona to help seal border

BY DAN SIMON  
SCOUT STAFF

Members of the Ohio National Guard helped plug another gap in America's border with Mexico last week as their Chinook helicopters positioned vehicle barricades in the Coronado National Memorial.

The effort, part of a joint project between Company G of the 137th Aviation Battalion, Ohio Army National Guard, and the National Park Service, Joint Task Force North, National Guard Bureau, Bureau of Land Management and U.S. Border Patrol, showed what can happen when government agencies work together.

The Guard unit stayed in lodging on post and staged and maintained their aircraft at Libby Army Airfield.

For the Guardsmen, the project represented a real-world training opportunity to prepare for the kind of conditions and challenges they might face someday in Iraq or Afghanistan, for the Park Service it means fewer places where a motor vehicle can penetrate the U.S. border within the memorial.

"We were getting people who were coming across the open lands of Mexico," said Kym A. Hall, superintendent of the Coronado National Memorial. "Because of the way the topography was in that particular part of the park, it was a pretty open shot."

The memorial shares a three-and-a-half mile border with Mexico and much of the approach from

America's southern neighbor is across hot, flat desert. Once near the memorial though, the terrain becomes a little more challenging. Near the park edge the ground lifts and is marked by small ridges and washes. Still, an aggressive driver in an SUV could often find a way over the ridges and through the washes.

The solution to the problem has been to place several types of barricades in strategic locations to bar access to the park by vehicles. These barricades ranged from vertical posts, to post and horizontal bar combinations, to the "D-Day" style Normandy beach "X-bar" obstacles that the Ohio guard unit placed in the current operation.

Some 30 barriers were placed by National Guard Chinook CH-47 helicopters. The twin-rotored aircraft are each capable of hauling between 18,000 to 26,000 pounds of a cargo from as many as three hooks located in the helo's underbelly.

The aircraft used two of their three hooks for the 1600- to 2200-pound barricades. Besides creating a more stable load, it made it easier for the pilots to land the barriers with the pinpoint precision the job called for.

"It's a tricky load for us," said Maj. Anthony Digiacomio, the unit commander. "The pilots have to place these loads down on the ground using 40-foot slings, plus or minus 6 or 8 inches. It takes a tremendous amount of coordination and there-in lies the difficulty in the way the barriers are set up."

The rugged landscape made it impractical to use



*Sgt. Joseph Russo waits for a helo's return.*

**Photos by Dan Simon**



heavy equipment to position the barricades Digiaco said, making airborne delivery the only option. This put a strain on his pilots, but also provided an exquisite test of their training and preparation.

“It (the barrier) has to be positioned precisely” he said. “The reason we’re out here is because ground people can’t access this area because of the terrain and how rough it is. It’s too dangerous for ground crews to try to jockey the barrier as it comes down. The aircraft has to place it in a precision manner. That’s where it takes a lot of skill.”

The work is so demanding that only modest stints in the aircraft are possible for the flyers Digiaco said.

“We have to have a lot of pilots,” he explained. “About two hours of such an intensive flight is about all they can take before we need to rest them.”

**Left: Sgt. Joseph Russo gives an approaching helicopter a “go” signal.**

**Below: Normandy style “X” barricades block vehicle access to the Coronado National Memorial.**

**Below: Sling riggers wait while a helicopter circles back for a pick up.**

Preparations for this mission began more than six months ago. Digiaco and two others made a preliminary visit to the site in February. Even before then, the team was practicing for the mission.

“Every month, from January on, we would do sling loading,” said Staff Sgt. Jonathan South. “We would do it at Canton airport where we’re from. We would get the pallets and practice moving them like we’re doing here.”

The project came about when Digiaco got a phone call from a friend of his at Joint Task Force North, a Department of Defense agency that acts as a facilitator for homeland security and drug interdiction support efforts. The organization doesn’t have any forces of its own, but specializes in finding military units interested in participating in homeland security support missions. The task force makes things happen by footing the bill for all mission related costs, except for the costs of materials needed for the project. These are provided by the requesting government entity.

Company G was eager to take on the project because it represented such a strong training opportunity.

“This is an air movement operation,” Digiaco said. “That’s one of our mission essential tasks. Refueling is another one of our mission essential

tasks. What this allows us to do is try all our mission essential tasks along with mobilizing and deployment which is our third. They are perfectly dovetailed.”

“This mission is a perfect match to what we need to do in the real world in a wartime environment.”

Hall said the project was a success for both the Guard and the park service.

“It meets their need to have specialized training, it meets our need to have a project completed,” she said. “It’s a win, win. We get what we need, they get what they need. It’s just a very positive story all around.”

The spirit of the Guardsmen also made the effort a successful one for the memorial Hall continued, praising their professionalism.

“It’s amazing to see how excited they are about being here,” she said. “It’s very cool.”

“They’ve been extremely professional and diligent and cooperative and have reached out to us in every way they could to make this a project that could meet our needs. It’s really been a very positive experience.”

**Below: Pfc. Joseph Pramuka, Chief Warrant Officer Kenyon Kurtz and Pfc. Todd Knepp work on one of the helos.**





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# Service News



Photo by Cpl. Glen R. Springstead

## Mishap-free milestone

*A KC-130 Hercules from VMGR-152 rounds Mt. Seribachi, Iwo Jima in preparation for landing. VMGR-152 has proven to be a valuable asset to 1st MAW operations in the Pacific region.*

Advertisement



# Ultimate sacrifice paid in support of OIF

**Sgt. Travis S. Cooper**, 24, of Macon, Miss., died on Saturday, in Balad, Iraq, from wounds sustained the previous day in Baghdad, Iraq, when an improvised explosive device exploded near the vehicle he was searching. Cooper was assigned to the Army National Guard's 2nd Battalion, 114th Field Artillery Regiment, Starkville, Miss.

**Spc. Jared D. Hartley**, 22, of Newkirk, Okla., died Friday in Taji, Iraq, when an improvised explosive device detonated near his HMMWV. Hartley was assigned to the 125th Forward Support Battalion, 3rd Brigade, 1st Armored Division, Fort Riley, Kan.

Two Marines who were supporting Operation Iraqi Freedom died July 14 when their vehicle was struck by an improvised explosive device while conducting combat operations near Trebil, Iraq. They were assigned to 3rd Battalion, 10th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Killed were:

**Cpl. Clifton B. Mounce**, 22, of

Pontotoc, Miss.

**Cpl. Christopher D. Winchester**, 23, of Flomaton, Ala.

**Pfc. Timothy J. Hines, Jr.**, 21, of Fairfield, Ohio, died on July 14 at the Walter Reed Army Medical Center, Washington, D.C., from wounds sustained on June 19 in Baghdad when an improvised explosive device detonated near his HMMWV. Hines was assigned to the 64th Military Police Company, 720th Military Police Battalion, 89th Military Police Brigade, Fort Hood, Texas.

**Staff Sgt. Tricia L. Jameson**, 34, of Omaha, Neb., died on July 14 in Trebil. Jameson, a health care specialist was responding to a casualty incident when a secondary improvised explosive device detonated near her location. Jameson was assigned to 313th Medical Company, Army National Guard, Lincoln, Neb.

**Spc. Benyahmin B. Yahudah**, 24, of Bogart, Ga., died on July 13 in Baghdad where a vehicle borne improvised explosive device detonated near his dismounted patrol. Yahudah was assigned to the 1st

Battalion, 64th Armor Regiment, 2nd Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

**Sgt. Timothy J. Sutton**, 22, of Springfield, Mo., died on July 11 in Baghdad when his HMMWV struck a land mine. Sutton was assigned to the Army's 3rd Squadron, 3rd Armored Cavalry Regiment, Fort Carson, Colo.

Two Marines who were supporting Operation Iraqi Freedom died July 10 from enemy indirect fire while conducting combat operations in Hit, Iraq. They were assigned to Marine Forces Reserve's 3rd Battalion, 25th Marine Regiment, 4th Marine Division, Moundsville, W.Va.

Killed were:

**Staff Sgt. Joseph P. Goodrich**, 32, of Allegheny, Pa.

**Lance Cpl. Ryan J. Kovacicek**, 22, of Washington, Pa.

**Spc. Hoby F. Bradfield Jr.**, 22, of The Woodlands, Texas, died July 9 in Tal Afar, Iraq while he was conducting a dismounted cordon search. Bradfield was assigned to the Army's 2nd Squadron, 3rd Armored

Cavalry Regiment, Fort Carson, Colo.

**Pfc. Eric P. Woods**, 26, of Omaha, Neb., died on July 9 in Tal Afar. His HMMWV struck an improvised explosive device that caused the vehicle to overturn. Woods was in the area to evacuate another soldier who had been wounded. Woods was assigned to the 2nd Squadron, 3rd Armored Cavalry Regiment, Fort Carson, Colo.

**Petty Officer 2nd Class Matthew G. Axelson**, 29, of Cupertino, Calif, died while conducting counter-terrorism operations in Kunar province, Afghanistan. Coalition forces located the service member while conducting a combat search and rescue operation July 10 in Kunar province. Axelson was assigned to SEAL Delivery Vehicle Team ONE, Pearl Harbor, Hawaii.

**Lance Cpl. Kevin B. Joyce**, 19, of Ganado, Ariz., died June 25 after falling into the Pech River while conducting combat operations in Afghanistan. He was assigned to 2nd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force, Kaneohe Bay, Hawaii.

Advertisement

# Steelhead Triathlon set for Saturday

The Sports and Fitness branch of MWR will hold the Steelhead Triathlon starting at 6 a.m., Saturday at Irwin Pool. Entry forms are still available at Barnes Field House. Entries will also be accepted at Irwin Pool until start time on race day.

The course will include an 800-yard pool swim, a 13-mile bike ride on a paved course, and a 3.1-mile run on a paved road.

Packets may be picked up at Barnes Field House, or at Irwin Pool on race day.

The Steelhead Triathlon is the first event in the multi-sport summer series. The 2-10-2

Biathlon is scheduled for Aug. 20. This event consists of a two-mile run, a 10-mile bike ride and another two-mile run.

The Reservoir Hill 10 Kilometer Run, which is set for Sept. 24, will complete the series.

The sports series is open to all authorized MWR patrons. Both male and female athletes, individuals or teams, are invited to participate in one or more of the scheduled events.

For more information, including fees for the various events, call Karlie Hale or Ron Ellsworth at 533-3858 or 533-5031.



## Irwin Pool to close for triathlon

Irwin Pool will close at noon, tomorrow, to prepare for the Steelhead Triathlon. The pool will reopen at noon, Saturday.

For more information, call 533-3853.

## Bike rental, repair, now available

Bicycle rental and repair are now available on Fort Huachuca at Eifler Fitness Center, 10 a.m. - 5 p.m., Saturdays.

Sun 'n Spokes of Sierra Vista will provide bike rental, and repairs for customer-owned bikes. There will be 75 new bikes available to rent on a daily, weekly or monthly basis.

For more information, call Mick Gue at Eifler Fitness Center, 533-4723.

## 'Military Idol' deadline is tomorrow

There's still time to submit your applications for the first Military Idol Competition. Army MWR, in the tradition of the "American Idol" television series, invites active duty amateur vocalists to submit applications to their local MWR organization no later than tomorrow.

Applications and contest rules are available online at [www.militaryidol.com](http://www.militaryidol.com). They are also available at Thunder Mountain Activity Centre and Time Out.

Locally, active duty personnel stationed at Fort Huachuca, from all branches of the service, are eligible. The first local competition will be held Aug. 5 at Time Out.

At the installation level, the following prizes will be awarded: 3rd place, \$100; 2nd place, \$250; and 1st place, \$500, plus an additional \$500 for the winner's unit. The first place winner at each installation will advance to the national level.

The National Military Idol Competition will be held Oct. 17 - 22 at Fort Gordon, Ga.

At the national level, the following prizes will be awarded: 3rd place, \$250; 2nd place, \$500; and 1st place, \$1000.

For more information, call Marvin Wooten at

533-3802, the Thunder Mountain Activity Centre, or Saul Caraballo, 266-1666.

## Photo session for families of deployed, soon-to-be deployed Soldiers

In order to show appreciation for the efforts of deployed Soldiers and their family members, MWR will offer a photo session for family members of deployed or soon-to-be-deployed Soldiers at the reduced cost of \$10 per session. The cost includes processing, 10 photos and a CD.

The session will take place 1 - 4 p.m., Saturday at the MWR Arts Center, Building 52008 on Arizona Street.

Reservations are required by calling the Arts Center at 533-2015.

## B.O.S.S. to hold car wash Sunday

Better Opportunities for Single Soldiers (B.O.S.S.) will hold a car wash fundraiser 11 a.m. - 1 p.m., Sunday in the parking lot of Sonic Drive-In, Fry Boulevard, Sierra Vista. Donations will go toward supporting B.O.S. S. programs.

## 40-Frame Game Tournament

Desert Lanes is holding a 40-frame game individual bowling tournament during July.

For more information, call 533-2849.

## New hours at ITR

The Information, Ticket and Reservations Office has announced the following new hours of operation, effective immediately: 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.

The ITR Office is located in Building 70914, at the corner of Irwin and Hunter Streets. For more information, call 533-2404.

## B.O.S.S. plans block party for July 30

Better Opportunities for Single Soldiers

(B.O.S.S.) will hold a block party beginning at 4:30 p.m., July 30, at the area around Irwin Pool and Thunder Mountain Activity Centre, at the corner of Kelsay Avenue and Irwin Street. The event is open to the public.

Some of the activities include: a rock climbing wall; an inter-company paintball tournament; entertainment by the 36th Army rock band; swimming at Irwin Pool; and a barbecue with hamburgers and hot dogs. Admission is \$5 per person and includes all activities.

## New hours at the 19th Hole

The following new hours will go in effect Aug. 1 at the 19th Hole Clubhouse at Mountain View Golf Course: 10 a.m. - 6 p.m., Monday - Friday; and 9:30 a.m. - 5:30 p.m., Saturday and Sunday.

Lunch will be served 10:30 a.m. - 3 p.m., seven days a week. The lunch menu has been expanded to include bratwurst, chicken drumettes, hamburgers, cheeseburgers and soft pretzels.

For more information, call 533-7082.

## Karaoke at Jeannie's Diner

If you're looking for something fun and different to do on weekends, Jeannie's Diner now presents free karaoke 7 - 9:30 p.m., every Friday and Saturday. It's open to everyone, and there will be prizes and goodies for the high karaoke score each night. For more information, call 533-5759.

## Soldier Day, Family Day, at Irwin Pool

Every Sunday throughout the remainder of July is "Soldier Day" at Irwin Pool. From 11 a.m. to 7 p.m., Sundays, adults can swim for \$1.50 and children for 75 cents.

Every Thursday is "Family Day" at Irwin Pool. All day Thursdays, adults can swim for \$1.50 and children for 75 cents.

For more information, call 538-3853.



## Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com)





## Movies

Mr. and Mrs. Smith plays at 7 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

## JITC softball season ends in perfect fashion



Photos by Spc. Marcus Butler

**Andre Dickson, 3rd baseman for the JITC softball team, makes contact with a lead-off triple in the bottom of the 1st inning.**

BY SPC. MARCUS BUTLER  
SCOUT STAFF

The Commanders' Cup softball season ended in perfect fashion with unbeaten Joint Interoperability Test Command scoring a 9 to 5 victory over Co. B 305th Military Intelligence Battalion, July 13 at Pauly Field.

The game began with Co. B 305th leading off. Behind some excellent hitting and base running, Co. B 305th managed to score three runs in the top half of the 1st inning.

Now it was time for JITC to answer the runs scored on them in the first half of the inning.

"Let's get out there and play," said Andre Dickson, 3rd baseman for JITC, who started the game with a stand up triple setting up the first run.

JITC would go on to score two more runs, tying the game at three all.

From the end of the first inning to the top of the 5th, it seemed as though that the game would end at a stalemate ... that is until Dickson came to bat in the bottom of the 5th.

Dickson would again get on base with a double and then be brought home by his teammate, Juan Villctane to break the tie.

Co. B 305th would trying to rally up and did so to tie the game up in the top of the 6th inning only to fall behind on defense in the bottom of the 6th and give up 5 runs.

"The rally is on," said Ty Waller, left fielder for Co. B 305th. In the top of the 7th inning, Co. B 305th tried to sustain the rally cry by loading the bases and scoring 1 run but that is all the damage that would be done. Two ground outs to first and a pop fly to the out field would end the game.

The final score was JITC 9, Co. B 305th 5.



**Ty Waller, left fielder for Co. B, 305th Military Intelligence Battalion, just beats the throw to first base to make it in safe.**



## Fit For Life

## Defining fitness - how much salt is enough

By George R. Colfer, Ph.D.  
Contributing Writer

The first criteria for being fit is to be in good health. Developing a health and fitness lifestyle is a complex process. Lifestyle has to do with the way one lives and the things you do that affect your health.

A health and fitness lifestyle needs to address both physical and mental health practices. The factors involved include wellness, nutrition, physical fitness and stress management. Persons of all ages can apply this lifestyle, but different ages require more attention to some factors than others. For example, younger people may get away with less attention to wellness practices than older people. Youth definitely has the advantage over age, but time will catch up. The earlier one develops and practices the health and fitness lifestyle, the better quality of life will be now and in the future.

Being fit often is a subjective measure based on appearance,

performance and one's perception. A recent study showed that about 75 percent of people (respondents) considered themselves healthy, yet the research showed only three percent of people practice a healthy lifestyle.

A sample of current WELLNESS practices include regular medical checkups, knowledge of resting and exercise heart rate, blood pressure, cholesterol levels, body weight, BMI or body fat percentage, practicing good hygiene and the absence of tobacco, alcohol or drug abuse.

NUTRITION deals with what you eat, how you eat, nutritional and caloric values and other factors pertaining to one's diet and eating habits. Weight control is a combination of nutrition and physical activity/exercise.

PHYSICAL FITNESS includes exercise and activity modes, exercise tendencies, use of leisure time, fitness knowledge and the components of health-related and skill-related fitness along with objective fitness assessments. Two points to consider are that fitness

cannot be stored. It must be practiced for a lifetime. Second, cardiovascular fitness is the most important component for people of all ages.

STRESS MANAGEMENT is a major health problem in society today and should not be taken lightly. Stress is your body's physical, emotional and psychological response to anything you perceive as overwhelming. Negative stress can lead to a variety of diseases. Individual reaction to stress is most important. Some people thrive on stress, others do not. How one handles and adapts to stress is the key to survival whether it be in military, business, athletics or the everyday routines of personal life. (The health and fitness lifestyle components will be further addressed in future writings this coming fall.)

SALT - Only When You Need It.

Sodium chloride or "Salt" as most of us refer to it is an important mineral in the human body. It is an electrolyte substance essential for several physiologi-

cal functions. Sodium is responsible for keeping the correct amount of water in the blood as well as inside and outside the body cells. It is also necessary for proper brain function, nerve transmission and muscle contraction.

The problem with salt is when we take in too much, it can lead to high blood pressure in some people. This occurs when the body retains too much sodium resulting in extra fluid in the blood, thus increasing blood pressure. Not everyone with high blood pressure is salt sensitive. There are several other causes. About 50 percent of people with high blood pressure are sensitive to sodium. This sensitivity can increase with age, thus a 25-year old may not see its full effects until age 55.

The recommended daily requirement for sodium (American Heart Association) is 2400mg per day. If you are physically active, especially in hot weather, this

See SALT, Page B3

## Sierra Vista 50th Anniversary



Countdown: Sierra Vista turns 50 in 44 weeks.

## EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout", showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 51 years since 1951. Morgue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

## Reprinted from the July 21, 1955 "Fort Huachuca Scout"

## Service Club Seeks Beauty Contestants

Fort Huachuca will have a preliminary contest to choose its own candidate for Queen of the Cochise County Fair. The contest is open to all women over 16 years of age, who are in any way connected with Fort Huachuca and reside within Cochise County.

Candidates must be available during the pre-contest and fair contest period. This period is

between now and 2 Oct. Pick up your application blanks at the Service Club, NCO Club, Civilian Club, Officers Club, Special Service office, and the PX. After receiving your application blank, notify the director of the Service Club, Mary K. Yoklavich, phone 2012.

The winner of the contest will be judged according to the number of individual pledges received by the candidate. The pledge blanks read as follows: "I pledge to purchase one vote from \_\_\_\_\_ as Fort Huachuca's candidate for Queen of the 1955 Cochise County Fair. All blanks must be turned into the Service Club by 1000 hours.

The Queen will receive \$300.00 and the runner-up will be given a \$50.00 bond. Good luck, and best wishes to "Her Majesty" the Queen.

## Women Sponsor Farewell Party

Coke-sherry women's parties seemed to be popular during the 1950s as a means of saying "farewell" to departing wives.

# Arizona Tourist

## Explore the heights and depths of the universe

BY AMANDA KEITH  
SCOUT STAFF

Looking for an educational but fun stop for your science-enthusiast children? Look no further than the Flandrau Science Center at the University of Arizona.

The center has a lot of different parts to it, but the main exhibit offers hands-on science experiments for kids. The “Crater Creator” allows museum visitors to mimic the creation of an asteroid impact by playing with a magnet in a sandbox. Another exhibit allows kids to see the effects of gravity: a stream of air supports a beach ball that visitors try to keep afloat.

The biggest draw of the center is the planetarium theater, a 50-foot domed theater that features programs about the universe for all audiences. As a bonus, the theater admission includes the exhibit admission.

In addition to the exhibits, the Flandrau Science Center also features the “Mineral Museum,” a collection of more than 2,000 rocks and minerals. The collection also has two meteorite displays, which include several pieces from the Diablo Canyon fall that created the Meteor Crater.

The center also offers their telescopes for free viewing of the

heavens for the public on clear nights.

### Hours:

Flandrau Science Center is open Monday through Saturday from 9 a.m. to 5 p.m. Sunday hours for the museum are from 1 to 5 p.m. Thursdays through Saturdays, the museum is open at night from 7 to 9. The planetarium observatory is open year round on Wednesday’s through Saturdays; from August 15 to May 15, the observatory hours are 6:40-10:00 p.m. From May 16 to August 14, the observatory hours are 7:30 to 10:00 p.m.

### Price:

The admission fees for the center exhibit is \$3 for adults, \$2 for children; children 3 and under are admitted free.

For the planetarium shows, it’s \$5.50 for adults, \$4.50 for seniors (55+) and military members, and \$4 for children 3-13 years-old (children under 3 are not admitted to the planetarium shows). Summer matinee (Monday-Friday) prices are \$4.50 for adults and \$3.75 for children.

### Getting there:

The Flandrau Science Center is located at 1601 E. University Blvd in Tucson. To get there from post, take a left at the East or Main gate. Buffalo Soldier Trail will become Highway 90. High-

way 90 will intersect with Interstate 10; take I-10 west and from there, take the Speedway Blvd. exit and turn right onto Speedway. At Cherry Avenue, take a right; the Flandrau Science Center will be on the corner of Cherry Avenue and University Blvd.

### Parking:

On weekends and after 1pm weekdays, there is free parking

for Flandrau visitors along Hawthorne Street (north of the Science Center). There is free parking at the Cherry Avenue Garage near McKale Center on weekends and weekdays after 5pm.

*Editor’s note: Information for this article was taken from the Flandrau Science Center Web site at [www.flandrau.org](http://www.flandrau.org).*

### SALT, from Page B2

amount may not be enough. You will lose sodium when you sweat. How much depends upon your sweat rate and acclimatization to heat. For example, if you lose two pounds of sweat per hour for four hours (military operations/training, bicycling, hiking, running, etc.); you could lose a significant 4000mg of sodium. This is based upon an average of 500mg sodium lost per pound of sweat. However, this figure could be as low as 300mg and as high as 1100mg per pound of sweat loss.

Individual sodium needs depend upon how much and how long you sweat. Dietary inadequacy for sodium almost never occurs since most people

probably consume between 3000 to 7000mg per day. However, sodium does need to be replaced. As long as a proper meal schedule or food intake is kept, most people will take in a sufficient amount without supplements. Military meals (especially MRE’s) usually contain more than sufficient sodium for the average “sweater.” Also, most snack foods, pretzels, crackers, nuts, cheese, etc. all add sodium to one’s diet. In addition, unless you are salt sensitive, the body will excrete excess sodium (up to 200mg) through sweat or urine to help maintain a stable sodium balance.

See **SALT**, Page B7

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## Children's Safety Month

RWBAHC will host a youth bike/skate helmet giveaway from 1 - 3 p.m. on Friday in front of the health center. Fifty bike helmets and 50 skate helmets will be given away on first come, first serve basis. The CRASH team will also be there to perform children's car seat checks. For more information, call 533-5668 or 533-3536.

## Coaches' meeting for flag football

The coaches' meeting for 2005 Commander's Cup Flag Football Program will be held at 10 a.m., Wednesday at Barnes Field House. Letters of intent, to include coach's name, duty phone and e-mail are due at this meeting.

The flag football season will start Aug. 15. Games will be played at 6, 7 and 8 p.m., Monday - Thursday.

This is a recreational program, open to all authorized MWR patrons. For more information, call George Thompson at 533-0040.

## Health Center closing

Raymond W. Bliss Army Health Center will be close on 11:30 a.m. August 5 and will remain closed the rest of the day. We appreciate your patience and would like to apologize for any inconvenience. We are having our organization day and would like for all our staff members to be able to participate. Thank you for your understanding and cooperation. This closure does include all outlying clinics as well as the Main and PX Pharmacies.

## Free admission to Arizona Heat game

Active duty military, National Guardsmen, reservists, retired servicemembers and their families are entitled to free general admission to Arizona Heat's Military Appreciation Night on August 7.

The Arizona Heat, National Pro Fastpitch Women's Softball League, will provide free admission to military ID card holders and a party of up to five other people, upon presentation of ID card at the gate.

The gates at Hi Corbett Field open at 6:30 p.m. Softball action against the California Sunbirds begins at 7:30 p.m.

For more information about Arizona Heat and for directions to High Corbett Field, visit their website at [www.arizonaprofastpitch.com](http://www.arizonaprofastpitch.com). For more information about Military Appreciation Night, call (520) 296-9595.

## Vacationing and pets

According to the Post Veterinary Clinic, a number of animals are arriving to their stray facility unnecessarily. The animals are picked up by the military police following reports from neighbors of suspected neglect. Animals who's owners are on vacation are being seen by neighbors all alone and without food or water, when in reality, most pet owners have house-sitters taking care of the animals, unseen by the neighbors, said Capt. Amy Pike, chief of the Vet Clinic. The animals then need to remain in the stray facility, at the owner's expense, until the family returns from vacation to explain the situation and retrieve their pet. The Vet Clinic advises that if you're going on vacation, you should go to the military police station and housing to fill out paperwork stating when you will be gone and how your animals will be cared for in your absence so if a neighbor is concerned about your pet's welfare, the house-sitter can be contacted and the situation remedied.

## Free concert

Information Systems Engineering Command will be sponsoring a free concert at 5:30 p.m. on August 12 in Veterans Park, Sierra Vista featuring the following bands: West Coast Jazz, Krysis, Train Wreck.

This concert will be open to all ISEC and Ft. Huachuca families. Bring your lawn chairs, blankets, picnic dinners, and drinks, sit back, relax and enjoy a wonderful evening of music under the southwestern sky.

## Youth computer classes

Beginning on August 15, SkiesUnlimited will present

"Computer Instructional Classes" for children, in two age groups, 5 - 8 and 9 - 18, twice weekly at Johnston Elementary School Computer Lab. The cost of this program is \$50 per month, plus annual CYS membership fee of \$18. Please call Robin Gabert at 533-0710 for times and dates.

## Soccer club sign-up

Sign-up for the Fort Huachuca Youth Soccer Club, for youth ages 4 - 13, will be held Aug. 19 at the Youth Center, Building 49013, or at the Central Registration Office in Murr Community Center, Building 51301. Proof of age and a current physical are required at the time of registration. Cost of the program is \$40 per child, but families registering multiple players will pay a reduced fee of \$32 for each additional child. Volunteers are needed for the program to act as coaches, assistant coaches, team parents and officials.

For more information on the program or to volunteer, call the Youth Sports Office at 533-8168 or 533-3205.

## DAR information workshop

The Daughters of the American Revolution are holding an information workshop to recruit new members for their organization. The sessions will be at 4-6 p.m. and at 6:30-8:30 p.m. on August 24 at the Mona Bishop Room in the Sierra Vista Public Library. The sessions are open to the public and refreshments will be provided.

For more information, call Sallie Lovorn at 432-6671 (e-mail at [lovorn246@aol.com](mailto:lovorn246@aol.com)) or Carol Rilling at 378-2010 (e-mail at [rilling@c2i2.com](mailto:rilling@c2i2.com)).

## Summer sale

The Huachuca Museum Gift Shop is holding a summer sale (15 percent off all items priced \$5.00 and up) for the month of July. Other items that are marked in red do not get additional mark down. The gift shop is open Monday thru Friday 9 a.m. to 4 p.m. and Saturday and Sunday 1 p.m. to 4 p.m.

# Pets Of The Week

**There are no pets of the week this week because all the animals at the Fort Huachuca Veterinary Facility have been adopted.**

*These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forthuachuca.petfinder.com](http://forthuachuca.petfinder.com). In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.*

# At The Movies

Showing at the Cochise Theater for the next week are:

### Today -7 p.m.

Cinderella Man  
PG-13

### Friday -7 p.m.

The Honeymooners  
PG-13

### Saturday -7 p.m.

Mr. and Mrs. Smith  
PG-13

### Sunday -2 p.m.

Adventures of Shark Boy and Lava Girl  
PG

### Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

# Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



**SALT**, from Page B3 —

If performance, endurance or strength is being affected or during acclimatization, try the salt shaker at mealtime, but only use it when you need it. Salt tablets should only be used under a physician's order.

Three minerals that counteract any negative effects of sodium are potassium, calcium and magnesium which you obtain through most fruits, vegetables and dairy products.

If you are not in an active lifestyle or exercise less than one hour per day, chances are 1500 to 2400mg will be more than adequate. Those with high blood pressure or salt sensitivity should use caution eating processed foods, lose body weight if necessary and start exercising if not already doing so.

# Ask the Dietitian

## Beware of too much sodium in your diet

**BY CAPT. JENNIFER L. RODRIGUEZ**

REGISTERED DIETITIAN

Most people don't get concerned about salt in their diet. Unless you have high blood pressure, right? All healthy Americans should monitor their salt intake as part of an overall healthy diet. Salt or sodium is an important mineral utilized by the body for maintaining fluid balance, regulating blood pressure, transmitting nerve impulses and relaxing muscles. Too much sodium in the diet can contribute to high blood pressure, which can lead to heart disease or stroke.

The American Heart Association recommends 2,300 milligrams or less per day. One teaspoon of table salt contains 2,300 milligrams of sodium. Imagine the amount of sodium you get from shaking the salt

shaker at every meal. The average American consumes 4,000 to 6,000 milligrams of sodium daily.

Although we do get salt from the salt shaker, most of our sodium comes from processed foods. Canned vegetables, boxed meals, deli meats, and frozen dinners are a few of the foods with added salt. Dining away from home also contributes salt to our daily intake. Fast foods especially are loaded with sodium well above recommended amounts.

Look at the food label. Foods low in sodium will have 140 milligrams or less per serving. I must warn you, finding foods low in sodium is a challenge. Your best bet is to choose fresh, whole foods as much as possible. Vegetables, fruits, fresh meats, chicken, fish, beans, milk and yogurt are all very nutritious and low in sodium.

If seasoning food is your specialty and salt is your spice of choice, try using herbs and spices to bring out the flavor in your food. Be sure to choose spices in powder form instead of salt form such as garlic powder or onion powder. Fresh herbs are excellent in many recipes and the flavor is so intense you'll wonder why you've missed out so long!

Remember, if you have a heart condition, kidney disease or high blood pressure, your recommended amounts of sodium are significantly less. Be sure to consult with your doctor or your friendly neighborhood dietitian for details. Happy Eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to [jennifer.rodriguez1@us.army.mil](mailto:jennifer.rodriguez1@us.army.mil).

**Advertisement**